



There's a lot to like about Lowell.

Thomas R. Bellegarde
*Commissioner of Parks,
Recreation and Cemeteries*

Stephen T. Purtell
*Superintendent of
Parks and Open Space*

Peter Faticanti
Recreation Director/Planner

Dear Lifeguarding Course Participant:

Thank you for enrolling in the American Red Cross Lifeguarding Course. The time and place of the meetings are listed below:

Dates: **Saturday February 13th** **12pm-12:30pm Testing at the LHS Pool (Call if you are unavailable)**

Monday February 15th **8am-6pm** **Lowell Parks and Recreation Department**

Tuesday February 16th **8:30am-3pm** **Lowell High School Pool**

Wednesday February 17th **8:30am-3pm** **Lowell High School Pool**

Thursday February 18th **8:30am-3pm** **Lowell High School Pool**

Friday February 19th **8:30am-3pm** **Lowell High School Pool**

Saturday only if needed to finish CPR and Written Testing

Classes may end early or run late depending on students' abilities

Locations: **Lowell Parks and Recreation Department located in City Hall at 375 Merrimack St. Rm 7**

(enter on Police Department side of building only at the Handicap door)

Lowell High School Pool, 50 Fr. Morissette Blvd. (across from the Tsongas Center)

MATERIALS FOR THIS CLASS ARE THE FOLLOWING: Lifeguard Book PDF Free for download on our website or you can borrow for a fee, CPR Mask \$15, Certification Card \$35. **The mask and card will be provided at no charge to you.** If you decide not to participate in the program please inform us so we can make the materials available to other applicants. **You are NOT guaranteed to pass this class, or to be offered a job upon successful completion.**

The purpose of the American Red Cross Lifeguarding Course is to teach candidates the knowledge and skills needed to prevent and respond to aquatic emergencies. The Course content and activities prepare candidates to recognize and respond quickly and effectively to emergencies and prevent drowning and injuries. Attached you will find a list of skills that will be covered in this course. Successful completion requires participation in skills practice. The practice sessions will require some strenuous physical activity. You are encouraged to check with your health care professional before participating in the practice sessions. If a medical condition or disability exists that might prevent participation in the activities, or there are questions about fully



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participating in the Lifeguarding Course, please contact me to discuss this before the course begins. To enroll in the Lifeguarding Course, you must be at least 15 years of age before the last scheduled class session. **Proof of age is required prior to the end of the class.** To participate in the Lifeguarding Course, you must be able to demonstrate the following skills:

1. Swim 300 yards continuously, using these strokes in the following order:
 - a. 100 Yards of front crawl using rhythmic breathing and a stabilizing, propellant kick. Rhythmic breathing can be performed either by breathing to the side or front.
 - b. 100 Yards of breaststroke using a pull, breathe, kick and glide sequence.
 - c. 100 Yards of either front crawl or breaststroke. The 100 Yards may be a combination of the front crawl and breaststroke.
2. Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 10-15 feet, retrieve a 10 pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.
3. 2 minute tread water without use of hands, touching sides, or bottom of pool. The Face should not go under the water.

Monday February 15th will include all of the CPR, and First Aid information and will **NOT** include any pool work. CPR/First Aid will include watching a movie, bookwork, and practice. Please wear appropriate clothing for this day, and if you want to take notes, bring a pen and paper. A half hour lunch will be given daily, so either bring money to get a lunch, or provide your own bagged lunch. Please come prepared for all class sessions. A change of clothes is recommended for changing if needed. Class will begin on time and in the water at the stated time. Failure to pass the pre-course swim test will result in removal from the program.

Upon successful completion of the Lifeguarding Course, each participant will receive an *American Red Cross Universal Certificate* indicating Lifeguarding/First Aid/CPR/AED, which is valid for 2 years. **If you choose to get your cards after the completion of the course to work at another location, then there is a \$150 fee charged to you for the cards. If you intend to work for us we will hold the cards until the summer is complete and we will mail them to you at no cost at that time, with your final paycheck. Termination or quitting will result in paying for the cards at that time.**

Remember, the class begins at the allotted times and students will be expected to keep up with the instructors as they go through the material. It is recommended that you review the material prior to the start of class. If you have any questions regarding this course then please feel free to contact me at the Lowell Parks and Recreation Department at 978-674-4175 prior to Thursday the week before the class begins.

F. Peter Faticanti